



# Allied Gardens Recreation Center



5155 GREENBRIER AVENUE, SAN DIEGO, CA 92120 | (619) 235-1129 | [www.SanDiego.gov](http://www.SanDiego.gov)

## Stretching and Relaxation



*This Fall learn a new way to relax.*

This class will help you build on your breathing and technique. With yoga inspired moves, this class will get you stretched and relaxed by the end of the session. We will work on body alignment while adding more strength.

*\*No mats will be provided; however, mats are highly recommended\**

**Tuesdays & Thursdays**

**Time: 1:00pm-2:00pm**

**All Ages**

**Fee: FREE**

**Start date: September 4<sup>th</sup>**

**Registration Code #55576**



Parks and Recreation Department

For more information please call (619) 235-1129  
Come in or register online at [www.SDRecConnect.com](http://www.SDRecConnect.com)

 **All City of San Diego parks and beaches are smoke free.** 